



# Rock County Council on Aging - Nutrition Program Dining Centers and Home Delivered Meals



## Regular Menu November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Parmesan Cauliflower Peas & Carrots Wheat Breadstick Cherry Orchard Bar <b>D</b>	<b>3</b> Baked Cod Broccoli Sweet Potatoes Pineapple Whole Wheat Bread Vanilla Yogurt <b>D</b>	<b>4</b> Roast Beef w/gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana Chocolate Cake <b>D</b>	<b>5</b> Baked Chicken Breast Mashed Potatoes w/gravy Steamed spinach Whole Wheat Bread Snickerdoodle Cookie <b>CH D</b>	<b>6</b> Chili w/Beans Corn Cauliflower Blend Cottage Cheese Wheat Dinner Roll Fudgy Fiber Brownies <b>D</b>
<b>9</b> BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears <b>D</b>	<b>10</b> Chopped Steak Green Beans Scalloped Potatoes Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar <b>D</b>	<b>11</b> <u><i>Veterans Day Menu</i></u> Swedish Meatballs Noodles Cauliflower Beets Dinner Roll Peaches Frosted Cake <b>CH D</b> 	<b>12</b> Baked Salmon Sweet Potatoes Broccoli Rye Bread Vanilla Pudding Strawberries <b>D</b>	<b>13</b> Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Wheat Breadstick Fruited Applesauce <b>D</b>
<b>16</b> Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello <b>D</b>	<b>17</b> Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake <b>CH D</b>	<b>18</b> Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie <b>D</b>	<b>19</b> Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears <b>D</b>	<b>20</b> Broccoli Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread <b>D</b>
<b>23</b> Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges <b>CH</b>	<b>24</b> <u><i>Thanksgiving Menu</i></u> Roast Turkey Mashed Potatoes Cornbread Stuffing Green Bean Casserole Dinner Roll Pumpkin Bar <b>D</b>	<b>25</b> Lasagna Casserole Cauliflower Romaine w/dressing Breadstick Warm Cinn Applesauce Butterscotch Pudding <b>D</b>	<b>26</b>  <b>NO MEALS</b>	<b>27</b> <b>NO MEALS</b>
<b>30</b> Cabbage Casserole Carrots Cottage Cheese Breadstick Warm Peach Crisp <b>D</b>		<b>While Dining Centers are Closed Due to COVID:</b> <b>Please arrive for curbside pick-up meals at 11 am.</b>		

**Eligibility:** Any person age 60 or older, regardless of income, and a spouse of any age.  
**Dining centers:** Reservations are required and must be made no later than noon of the prior business day  
 Suggested donation: \$4.00. All donations are appreciated.  
**Home delivered:** Must also be homebound. Suggested donation: \$4.00

**Call 608-757-5474 for Reservations, Cancellations, & Home Delivered Meal Information**

## Rock County Council on Aging Nutrition Program

### Dining Center Locations and Schedule

**Reservations are required and must be made by noon of the prior business day.**

*For meal reservations or more information, call 757-5474 (Mon – Fri, 8 am – 5 pm)*

**While dining sites are closed due to COVID, arrive for curbside pick-up meals @ 11 am.**

<u>Location</u>	<u>Address</u>	<u>Center Mgr</u>	<u>Meal Time</u>
Clinton	Senior Center 508 Front Street	Chris Tracy	<del>11:45am</del> Monday – Friday
Evansville	Creekside Place 102 Maple Street	Amy Martinson	<del>11:30am</del> Tues. & Thurs. ONLY
Janesville	<b>Riverview Café – Riverview Heights</b> 930 N. Washington Street Park in Back Special Parking available upon request.	Lauri March	<del>11:30am</del> Monday – Friday
Beloit	<b>Chews and News</b> <b>Grinnell Hall Senior Ctr.</b> 631 Bluff Street	Cindy Ross	<del>11:45am</del> Monday – Friday
Milton	<b>The Gathering Place</b> 715 Campus Lane	Linda Fewell	<del>11:45am</del> Monday – Friday

### Thanksgiving Historical Time Line .....

**The Pilgrims landed in the New World in December 1620.** In the face of harsh weather and inadequate supplies, half the settlers died before winter ended. Historians say had it not been for local Indians who gave the settlers food and taught them how to plant corn, the entire colony might have perished. After their first successful harvest in the fall of 1621, the colonists declared a day of thanksgiving.

- The Pilgrims entertained 92 Indian guests. The first Thanksgiving started as a breakfast, and the festivities continued for three days. Boiled eel, lobster, roast pigeon, and stuffed cod were served at the meals. The Indians brought turkeys, pumpkins, corn, sweet potatoes, and cranberries. The Pilgrims had their first taste of popcorn which was given to them by the Indian brave, Quadequina, brother of Chief Massasoit.
- George Washington proclaimed November 26, 1789 to be Thanksgiving Day. It was a day of public thanksgiving and prayer.
- Over the next 74 years, people all over the U.S. celebrated their thanksgiving at different times.
- In 1863, President Lincoln re-established the holiday as a way to create a unified national culture in the face of Civil War, beginning on the last Thursday in November 1864.
- In 1939, President Roosevelt moved the celebration one week earlier to lengthen the shopping time before Christmas.
- In 1941, Congress proclaimed the fourth Thursday of November to be the federal holiday of Thanksgiving starting in 1942.

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Funding provided by Title III (Older Americans Act) and donations.

Rock County COA is an equal opportunity provider.

No eligible person will be denied a meal because of inability to make a donation.

\*\*\* Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed. Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions. \*\*\*